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Free food always draws a crowd

Annual Control Control

High school purchase awaits appraiser report

Fig. (2001) MODIFIES — conc., the value of the ED Comment of the C





Disability services helping more students



The reason is coming a become complete and William

Improvement plan continues

LRC needs student input and ideas Some don't

CSI is ironing out its 'weak' election policy electron policy

August Carlos Marcha Ma

Conestoga grad upset by university's decision

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Spare TVO and the LCBO

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Letters are welcome

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EVERYTHING MUST GO!



Think before you speak

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Students hope for frosh

Push for helps

SPOKE January 19, 2004 - Page 5

Looking for Work? other was now in ware final value and assustance studies and looking for a Corpor oppition, or poeting summer employment, Job Perr

February 4, 2004 10:00 a m - 3:30 p m

Companies regulated to date

Page 6 - SPORS, January 19 2004 Get in shape at Conestoga

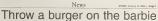
Recreation centre offers a variety of fitness classes

Seasonal jobs leave students dry



Kitches ar or City of

WOMEN TO FIND IT









Page 8 - SPOKE, January 19, 2001 Trail offers exercise opportunities

nor workers mork along the Grand River on the J.A.

COUNSELLOR'S CORNER: Grief

You can't stop crying. You feel angry. You feel numb. These feelings are all normal reactions to loss in our lives - a reaction we call grief. Grief does not only have to be a result of losing a loved one to death. We grieve any kind of loss: the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about onet, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process. If you have a friend who is greving, don't worry about saving the wrong thing to them. Just be there. be a good listener or remind them how much you care with a

yor become your

card, a hug or some time together. A Message from Student Services

Market research a necessity It's not just an annoyance during the dinner hour

FINE ART

Bottles go bye-bye

WILDLIFE 4 ► GIANT-SIZEO PESTERS ► Music

FRANCE & HANDEDS # - FILM

- Риптоввариз ► 1000s of Postros

age 13 — 8°CKI, Annaly 12 29

Want to go to Daytona for Reading Week?

4 Trips to give away! February 5th - 9pm

- Sanctuary - "Rear - Neked

"Bear - Naked

Tease - Freeze"

/ WIN DAYTONA

CONESTOGA

STUDENTS INC.







Celebrate Martin Luther King day

Learning Resource Contro pictoria

IN THE PUTURE DESCRIPTION of the LEASE-GING BESOME CONTRACT. White Excision the students to seve as about on been of their knowthe work of

In organized Scene groups, but by a Broady monthly, you can sell us what you fresh and help as make amountain desirious about your library. As a flesh you for your

 Whether you are a fulltimen by creamen ECS2 studies. . Whether you get the bits my bits or then were a work or Law then seem a

Ter cochrin@comptencence

Please Indicate an the Subject Line: "Financ Ground"

Free your mind with meditation

Life on Mars may be a possibility



"The power to make a difference lies in no one's hands but our own. The time has come for lesbians, gavs, bisexuals and transgendered people to take our place in Canadian society, fully recognized

as the equals we are." - John Fisher, Canadian Teacher, Speaker, Lawyer and Executive Director of EGALE (Equality for Gays and Lesbians Everywhere)

COME OUT



CONESTOGA STUDENTS INC.

Gay & Lesbian Club of Conestoga first meeting: Wed, Jan 28th

time: 4:30pm - 5:30pm room: 2EO2

glbtconestoga@yahoo.com

Tobacco industry's poster child reveals harmful effects of smoking DORACCO SHORTFE'S Poster Child

Health

New mad cow case continues to delay exports

Best western classic comes back on DVD

This gunlight is this most

Jann Arrion INTRODUCTION TO LEARNING STYLES

There are many different learning styles, and, different styles are suited

Stradents leave in other sales. Manufalter often salet behaves common

Deturning your learning style takes work and self-exploration. For

To find out more about learning styles, drop in to 2007 and nick up the Learning Style Inventory and start using techniques that complement how your prefer to learn. Learn to work amorter, not harder!













PREPARE TO BE SHOCKED

"GET IN THE GUTTER"

FREE COMEDY

Wade McElwain & Johnny Gardhouse
IANUARY 26th

8pm -SANCTUARY-





Page 22 — SPORE January 18 2001 Condors manage to hold on for tie

Final score 5-5 after team leads 4-1 in first period



TO THE CONTROL OF THE PARTY OF

nee of 1839). He had the team coulds I washe DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFESTYLE Varsity Sports

Mess Yazuty Horkey House Game Mon's Blockey * Jen 21 Vs Bustier

Student cards must be presented to gain access to the facilities at all times. Any student without a ctudent cond will need to urchase a \$6 day pass to never the facilities

Public Skating

Shinny Hockey



Condors' coach a former NHLer Cressman's hockey career included stint as a North Star





